

## **Abstrakct**

**Title:** Preventive measures injury of ankle joint in volleyball of junior girl's level

**Objectives:** The aim of this master thesis is to find out, if the clubs sufficiently abide by preventive measures to eliminate the injury of ankle joint by doing performance level of volleyball among junior girls level (13 – 15 years). Next aim is to find out an information about injury of ankle joint which have had girls between 13 – 15 years.

**Methods:** I used a questionnaire with open, half-closed and closed questions to get the necessary data.

**Results:** Observe of the preventive measures to eliminate an injury of ankle-joint in junior girls level and finding out the information about the injury of ankle-joint on this level.

**Keywords:** volleyball, injury, ankle-joint, prevention, regeneration